

## The Rhythm of Life

1. In an average week, how many hours do people in your culture devote to working? How much vacation time does a typical family take per year?
2. For some people, their identity and worth comes from their ability to produce and be effective at work. How can a break from work encourage and restore an area of your identity/worth?  
What are some of the things you do when you are not at work?
3. The fourth commandment, in Exodus 20, requires Israel to take the seventh day of the week off from working. “You shall remember the Sabbath (the seventh day of the week) to keep it holy (set apart).” It is the only commandment of the ten that is not specifically repeated in the New Testament. Yet the early church used the first day of the week for worship and prayer, in honor of the resurrection of Jesus.  
How do you think a time for worship could rejuvenate a person?
4. The painting on the other side is titled, “The Young Amphibians.” What kinds of things do you do for enjoyment, for no other reason than the pleasure gained from the activity?  
Draw or do a charade of what brings you joy in play.



Ilya Repin Joaquin Sorolla. The Young Amphibians, c. 1903. Oil on canvas, 96.2 x 130.5 cm. Philadelphia Museum of Art, Philadelphia, Pennsylvania

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